









# LEMON BOTTLE FAT DISSOLVE







## AFTERCARE GUIDE

Lemon Bottle fat dissolve works by breaking down fat cells naturally. Following these aftercare instructions will help support your results, minimise side effects and keep you feeling your best.

### THE FIRST 24-48 HOURS

-  Swelling, redness, tenderness, bruising or firmness in the treated area is normal. This usually settles within a few days.
-  Avoid touching, pressing, massaging or manipulating the treated area.
-  Stay hydrated – drink plenty of water to help flush toxins and support your results.
-  Avoid alcohol for 24–48 hours as it can increase swelling and bruising.
-  You may take paracetamol if needed. Avoid anti-inflammatory medication (e.g. ibuprofen, aspirin) for 48 hours unless advised by your practitioner.
-  Sleep with your head elevated to help reduce swelling.

### DAYS 2-7

-  Swelling, firmness, lumps or tenderness may continue for up to 2 weeks. This is part of the process and will gradually improve.
-  Avoid intense exercise, heavy lifting and sauna/steam rooms for 48–72 hours.
-  Light activity such as walking is encouraged to support lymphatic drainage.
-  Maintain a healthy diet and avoid high-fat, high-salt and processed foods to support optimal results.
-  Continue to drink plenty of water and stay hydrated.
-  Results develop gradually over the next 4–12 weeks as your body naturally eliminates the treated fat cells.



### WHAT TO EXPECT

- ♥ Gradual reduction of stubborn fat
- ♥ Improved shape and definition
- ♥ Smoother, more contoured appearance
- ♥ Boost in confidence
- ♥ Results are natural-looking and long-lasting when combined with a healthy lifestyle

Your body is doing the work – be patient, stay consistent and trust the process.

*Great results take time and care.*



### WHO SHOULD AVOID?

Please let your practitioner know if you have:

- ✗ Pregnancy or breastfeeding
- ✗ Liver or kidney disease
- ✗ Active infections or skin conditions
- ✗ Severe diabetes or uncontrolled medical conditions
- ✗ Allergies to any ingredients used

We want to keep you safe and support your journey.

### BOOK YOUR NEXT APPOINTMENT



For best and long-lasting results, we recommend a course of treatments spaced 6–8 weeks apart.

*Let's sculpt your confidence together.*

Our team will be happy to help you plan your next visit.



### PLEASE CONTACT US IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- ✗ Severe or increasing pain
- ✗ Significant swelling, redness or warmth
- ✗ Signs of infection (fever, pus, flu-like symptoms)
- ✗ Lumps that are painful or worsening
- ✗ Any other unusual or concerning symptoms

*We're here to help.*



### EMERGENCY CONTACT

*Lyndsey Rhodes*

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Contact your injector immediately if you experience any of the above signs.

THANK YOU FOR TRUSTING US WITH YOUR CARE.

*You deserve to feel confident, radiant and beautiful.*